

# Cardiovascular Disease Mortality and Risk Factors

## *in the Elkhorn Logan Valley Public Health Department Region*

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### **Elkhorn Logan Valley Public Health Department**

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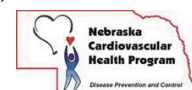
Age-adjusted mortality rates for heart disease and sudden cardiac death in the Elkhorn Logan Valley Public Health Department region are statistically higher than those for all Nebraska residents, and the stroke related mortality rate is slightly higher than the statewide rate, although not statistically different. Consistent with adults in many Nebraska health districts, males, compared to females in the Elkhorn Logan Valley region are less likely to consume five or more servings of fruits and vegetables daily and more likely to smoke cigarettes. Of the 18 local public health departments presented in this report, residents of the Elkhorn Logan Valley region rank second highest in diagnosed high blood cholesterol (among those that have ever had it checked) and lowest for having had a cholesterol screening in the past five years, both of which are significantly different from percentages found for all Nebraska residents. In contrast, residents of the Elkhorn Logan Valley region rank lowest (out of 18) for obesity at 18.3%, which is slightly lower than, but not significantly different from the 19.8% for the entire state.

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### **Regionally specific supplement to:**

*Cardiovascular Disease Mortality and Risk Factors by Nebraska's Local Public Health Department Regions.* Lincoln, NE: Nebraska Health and Human Services System, Department of Health and Human Services, Offices of Disease Prevention and Health Promotion; 2005

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# Elkhorn Logan Valley Public Health Department

## Demographic Composition

Counties	Average age	Education	Race / Ethnicity			
Burt, Cumming, Madison and Stanton	37.4 years	H.S Grad / GED or higher	82.5%	White, non-Hispanic	54,410	91.2%
Total population	Median income	Baccalaureate / Graduate degree	15.4%	Minority	5,265	8.8%
59,675	\$35,678					

Source: 2000 Census

## Mortality and Risk Factors

### Mortality Due to Cardiovascular Disease Among Residents in Elkhorn Logan Valley Public Health Department by Gender, 1999-2003

Cause of Death %	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	N <sup>a</sup>	AAR <sup>b</sup>	me <sup>c</sup>	
Total Cardiovascular Disease	1,402	321.9	16.9	616	394.6	31.2	786	267.3	18.7	1.48 <sup>+</sup>
Heart Disease	1,055	245.7 <sup>++</sup>	14.8	500	320.9	28.1	555	190.9	15.9	1.68 <sup>+</sup>
Sudden Cardiac Death	620	142.3 <sup>++</sup>	11.2	287	184.3	21.3	333	111.3	12.0	1.66 <sup>+</sup>
Stroke	257	56.8	6.9	85	54.0	11.5	172	57.6	8.6	0.94

Source: Nebraska Vital Records

<sup>++</sup> The age-adjusted rate is significantly higher (p < 0.05) than all other Nebraska Health Departments

<sup>+</sup> The age-adjusted rate for males is significantly higher than the rate for females (p < 0.05)

### Risk Factors for Cardiovascular Disease Among Adults in Elkhorn Logan Valley Public Health Department by Gender, 1995-2003

CVD Risk Factors	Total			Male			Female			Relative Risk (M:F) <sup>d</sup>
	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	n <sup>e</sup>	W% <sup>f</sup>	me <sup>c</sup>	
<sup>1</sup> Current Cholesterol Screening	542	60.0 <sup>++</sup>	4.9	209	55.3	7.7	333	64.4	6.1	0.86 <sup>-</sup>
<sup>2</sup> Diagnosed Diabetes	998	4.2	1.3	389	2.9 <sup>++</sup>	1.7	609	5.4	1.9	0.55
<sup>3</sup> 5-a-day Consumption	605	21.0	3.8	236	13.6	5.1	369	28.6	5.4	0.48 <sup>-</sup>
<sup>4</sup> Diagnosed High Blood Cholesterol	380	35.7 <sup>++</sup>	5.4	135	34.2	8.8	245	36.9 <sup>++</sup>	6.7	0.93
<sup>5</sup> Diagnosed High Blood Pressure	561	22.1	3.8	220	18.7	5.5	341	25.3	5.1	0.74
<sup>6</sup> No Health Care Coverage, 18-64	692	12.5	2.9	309	11.7	4.1	383	13.5	3.9	0.87
<sup>7</sup> Obese	942	18.3	2.7	381	17.9	4.1	561	18.8	3.6	0.95
<sup>8</sup> No Leisure Time Physical Activity	836	26.5	3.6	332	27.5	5.6	504	25.5	4.3	1.08
<sup>9</sup> Current Cigarette Smoking	993	21.0	3.1	387	24.2	5.0	606	17.9	3.5	1.36 <sup>+</sup>

Source: Nebraska Behavioral Risk Factor Surveillance System

<sup>++</sup> The percentage is significantly higher (p < 0.05) than all other Nebraska HDs

<sup>+</sup> The lower bound of the 95% confidence interval for the risk ratio is greater than 1.0

<sup>++</sup> The percentage is significantly lower (p < 0.05) than all other Nebraska HDs

<sup>-</sup> The upper bound of the 95% confidence interval for the risk ratio is less than 1.0

% Specific ICD-10 Cause of Death Codes may be found in the Methodology Section of this Report

<sup>a</sup> Documented number of deaths from each cause between 1999 and 2003

<sup>b</sup> Average annual age-adjusted rate per 100,000 population (2000 U.S. standard population)

<sup>c</sup> Margin of error (me) at 95% confidence, interpreted as plus/minus the relevant age-adjusted rate or weighted percentage

<sup>d</sup> Relative Risk is the male to female rate ratio (for mortality) and percentage ratio (for risk factors)

<sup>e</sup> Non-weighted sample size for each risk factor

<sup>f</sup> Percentage weighted by gender and age to reflect Nebraska's population (using CDC's BRFSS weighting methodology)

<sup>1</sup> Percentage of adults reporting that they had their cholesterol checked within the 5 years preceding the survey

<sup>2</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that they have diabetes (excluding gestational diabetes)

<sup>3</sup> Percentage of adults reporting that they consume 5 or more daily servings of fruits and vegetables

<sup>4</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or health professional that their blood cholesterol is high, among those that have ever had it checked

<sup>5</sup> Percentage of adults reporting that they have ever been told by a doctor, nurse, or other health professional that their blood pressure is high

<sup>6</sup> Percentage of adults, 18-64, reporting that they do not have any kind of health care coverage, including health insurance, prepaid plans such as HMO, or governmental plans

<sup>7</sup> Percentage of adults body mass index value of 30 or greater (based on self-reported height and weight)

<sup>8</sup> Percentage of adults reporting that, other than their regular job, they did not participate in any physical activities or exercises during the 30 days preceding the survey

<sup>9</sup> Percentage of adults that have smoked at least 100 cigarettes during their lifetime and currently smoke cigarettes every day or on some days